



Vidyasagar University

Skill Development Course
3 months Certificate Course in

Martial Arts –A Way of Life

From Vulnerability to Empowerment



Registration Link

Admission Open Duration: 3 months

Intake Capacity: 50 (On a First-Come, First-Served Basis)

Course Fees: ₹ 600

Coordinator- Prof. Nilanjana Das Chatterjee

Email id: nilanjana_vu@mail.vidyasagar.ac.in

Bank A/c Details- Skill development centre

Bank Name- UCO Bank

Account no-17480110108031

IFSC-UCBA0001748



Benefits

- Learn practical techniques to protect yourself in real-life situations.
- Builds confidence, especially for women's safety and empowerment
- Reduces stress and boosts mental clarity.
- Develops leadership qualities, courage, and respect for others.
- Enhances strength, flexibility, balance, and stamina.
- Helps in weight control and overall body conditioning

